

Welcome to our Lunch Cafe @

Cohoes Middle School

October 2017

Monday

Tuesday

Wednesday

Thursday

Friday



We proudly support clean, organic, local and sustainable agriculture.

<p>2 Crispy Chicken Sandwich Corn Broccoli Fresh Red Delicious Apple Sliced Peaches</p>	<p>3 Soft Taco Green Beans Red Pepper Strips Diced Pears Fresh Orange</p>	<p>4 Beef Hot Dog on Bun Baked Beans Side of Carrots Baked Potato Wedges Applesauce Fresh Banana</p>	<p>5 Rainbow Grilled Cheese Tomato Soup Celery Sticks Cucumber Coins Mixed Fruit Fresh Red Delicious Apple</p>	<p>6 Bacon Cheeseburger Side Salad Broccoli Diced Pears Sliced Peaches</p>
<p>9 </p>	<p>10 Nachos Grande Green Beans Red Pepper Strips Diced Pears Fresh Orange</p>	<p>11 Popcorn Chicken Whole Wheat Dinner Roll Sausage Pizza Baked Beans Side of Carrots Baked Potato Wedges Applesauce Fresh Banana</p>	<p>12 Meatball Parmesan Sandwich Celery Sticks Cucumber Coins Mixed Fruit Fresh Red Delicious Apple</p>	<p>13 Spicy Chicken Sandwich Side Salad Broccoli Diced Pears Sliced Peaches</p>
<p>16 Chicken Nuggets Whole Wheat Dinner Roll Corn Broccoli Fresh Red Delicious Apple Sliced Peaches</p>	<p>17 Soft Taco Green Beans Red Pepper Strips Diced Pears Fresh Orange</p>	<p>18 Chicken Tenders Whole Wheat Dinner Roll Baked Beans Side of Carrots Baked Potato Wedges Applesauce Fresh Banana</p>	<p>19 Grilled Cheese Tomato Soup Baked Beans Celery Sticks Cucumber Coins Mixed Fruit Fresh Red Delicious Apple</p>	<p>20 Chicken Caesar Wrap Side Salad Broccoli Diced Pears Sliced Peaches</p>
<p>23 Chicken Parm Sandwich Corn Broccoli Fresh Red Delicious Apple Sliced Peaches</p>	<p>24 Nachos Grande Green Beans Red Pepper Strips Diced Pears Fresh Orange</p>	<p>25 Popcorn Chicken Whole Wheat Dinner Roll Baked Beans Side of Carrots Baked Potato Wedges Applesauce Fresh Banana</p>	<p>26 Buffalo Chicken Wrap Baked Beans Celery Sticks Cucumber Coins Mixed Fruit Fresh Red Delicious Apple</p>	<p>27 Vegetarian Wrap Side Salad Broccoli Diced Pears Sliced Peaches</p>
<p>30 Chicken Nuggets Whole Wheat Dinner Roll Corn Broccoli Fresh Red Delicious Apple Sliced Peaches</p>	<p>31 Soft Taco Green Beans Red Pepper Strips Diced Pears Fresh Orange</p>			

SIMPLY ROOTED™ in food and family

All of our products have zero trans-fats, unless they are naturally occurring. We are Simply Rooted™ in food and family and use ingredients that are locally sourced, all natural,

and organic or non-GMO, whenever possible.



Full Paid Lunch is \$2.85
Reduced Lunch is \$0.25

1% White, Skim and Fat Free Chocolate Milk is available with each Meal!

October 3rd is National Soft Taco Day and October 11th is National Sausage Pizza Day!

Cheeseburgers, Hamburgers, Chicken, Pizza, Deli Sandwiches, Chef Salads and Yogurt Parfait with Fruit and Granola offered daily.

Romaine Salad Mix is available as an additional vegetable options daily.

If you have any questions, please contact Brian Nolan Food Service Director 237-9100 x 1411